

# Maine School Wellness Summit

Wednesday, June 22 & Thursday June 23, 2016

The Maine Schoolsite Health Promotion Program is a program of the Maine Department of Education that has provided school districts with technical assistance and professional development to implement a successful worksite wellness & health promotion program for 30 years. The program is a model for designing, advocating for and implementing school-wide health promotion and wellness efforts that promote healthy lifestyle practices, programs and policies that support staff and students.

The oversight committee reviewed evaluations and feedback on the program over the past year which has resulted in a revamping of the year-long program.

The redesigned program components now include:

- ★ the Maine School Wellness Summit, a foundational two-day professional development event
- ★ a fall statewide electronic meeting for networking and technical assistance
- ★ a day-long winter wellness workshop for leadership and worksite wellness development
- ★ a spring worksite wellness symposium hosted by the Wellness Council of Maine

The Maine School Wellness Summit is a quality year-long program of professional development experiences that supports individuals and teams in designing, enhancing and implementing employee wellness, health promotion, health education and the maintenance of a healthy learning environment and school climate as part of a coordinated approach to school health. Participants will engage in a variety of sessions and experiences that provide information, resource materials and tools for enhancing school climate and school environment; improving the health of students and staff; and contributing to personal well-being and healthy schools.

Who should attend the Summit? Any person working in or with a school or school district interested in supporting and participating in health promotion and wellness efforts. Including but not limited to...

|                                |                                 |                                   |                             |
|--------------------------------|---------------------------------|-----------------------------------|-----------------------------|
| <b>Teachers</b>                | <b>Administrators</b>           | <b>Human Resource Directors</b>   | <b>Transportation Staff</b> |
| <b>School Counselors</b>       | <b>School Nurses</b>            | <b>Support Staff</b>              | <b>Parents</b>              |
| <b>Special Education Staff</b> | <b>Educational Technicians</b>  | <b>School Health Coordinators</b> |                             |
| <b>Community Members</b>       | <b>Business Office Managers</b> | <b>School Board Members</b>       | <b>Maintenance Staff</b>    |

Participants will experience two days filled with learning opportunities to assist in the development and maintenance of a health promoting culture of wellness at the local level including:

In 1986, the first Maine Schoolsite Wellness Conference was held. It was designed with a team philosophy that has proven to be a vital component of the program over the years. The team approach is essential for a successful year-long health promotion program. Though best practice has proven that a conference team of five to ten members representing different positions within a school community ensures follow through on implementing the year-long action plan it is not always possible for a school district to field a team. A major change from the Wellness Conference to the Summit is that individuals *and* teams are welcome. It is recommended that attendees schedule a full school team meeting or a meeting with an administrator following the Summit to share learnings, the draft action plan and the strategies to implement in the next school year.

Additionally, experience has proven that administrative support is a valuable asset for a wellness team and key to the sustainability of the team implementing a year-long action plan.